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Race for Children at the Rainbows 9th Annual Summer Sunset 5K and 10K Run
No Matter Your Pace, Race to Help Rainbows Guide Children through Life's Storms

ROLLING MEADOWS, Ill. (April 12, 2010) — Whether running or walking, join Rainbows to support children around the world work through their loss and grief. The 9th Annual Summer Sunset 5K/10K Run will take place Sunday, June 27, 2010 at Busse Woods Forest Preserve in Schaumburg, Ill.

The Summer Sunset 5K and 10K Run/Walk is a great chance for seasoned runners and amateurs alike to cheer on one another and to cheer on the cause, offering grief recovery through peer-support programs at schools, faith communities, hospitals, and other social service agencies. This race is a CARA certified race and USATF certified course.

The 5K and 10K races will be held on separate tracks, and there will be a separate walkers and children's start. Registration begins at 4 p.m., followed by the walkers and children's start at 5:15 p.m. The 5K and 10K runners take off at 5:30 p.m. Children may participate by walking up to 5K total.

“The 9th Annual Summer Sunset 5K/10K Run is a fun way to raise money for Rainbows while having a good time and staying fit this summer,” said Suzy Yehl Marta, founder and president of Rainbows. “We enjoy gathering the local fitness enthusiasts of all levels to support Rainbows, which gives youth the guidance to grieve and grow after a significant loss or life-altering change.”

The cost is \$30 online or \$35 for race day registration and the event proceeds benefit Rainbows. Teams of four or more can register online for just \$25 per participant before June 1. Prizes will be awarded to the top fundraisers and top finishers. To sign up, please visit <http://www.rainbows.org/event5k2010.html>.

ABOUT RAINBOWS

Rainbows is an international, nonprofit organization that fosters emotional healing for children grieving a loss or life-altering crisis. For more than 25 years, Rainbows has helped more than 2.2 million children in the wake of their personal or community tragedies. The goals include helping children to develop and strengthen coping skills, learn appropriate behavior and anger management, alleviate depression, and reduce emotional pain and suffering. These coping tools will build the confidence and self-esteem of these hurting children, improve communication in their families and peer relationships, prevent destructive behaviors such as involvement with gangs, alcohol and drug abuse, and ultimately improve school attendance and academic performance. For more information about Rainbows, please visit www.rainbows.org.

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